



**CONGRATULATIONS**

**Nicola McGaw**

**ON FINISHING THE**

**Helix Duathlon Festival**

**Novice Duathlon**

**RACE DATE**

**22/09/2018**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**

**Female**

**7 of 16**

**F Senior**

**1 of 4**

**IN A TIME OF**

**01:01:15**

**Run**  
**00:18:02**

**T1**  
**00:00:29**

**BIKE**  
**00:33:11**

**T2**  
**00:00:20**

**RUN**  
**00:09:11**

**CLUB**